

in the dust of the arena is laid the foundation of future and early disease of the organs of circulation, with the inevitable shortening of the expectation of life. A case in point: Not long ago a young man, a school teacher, aged twenty-three, applied for life insurance. It fell to me to examine, and—decline him. He could not realise that he was not a gilt-edged risk. He was a power on the football field, and a well-known A1 amateur athlete. But, heredity aiding perhaps, he was about sixty or sixty-five years old according to Cazalas' rule, though he had seen only twenty-three summers. Indeed, I have examined many men of fifty-five or sixty whose arteries were younger than his were.

I need not enumerate the signs: hypertrophied heart; tortuous and degenerate arteries; displaced apex beat; accentuated second sound, *et al.* They have all been enumerated. Such persons are hard to treat. It requires time, tact and patience to get them to understand that they are not what they have always thought themselves, "in the pink of condition;" and accidents barred, reasonably sure of a long active life. Pity it is, also, that the young men who thus cripple themselves in early life are the ones who have the most pluck, stamina, earnestness and energy, and should therefore, make the best, and most progressive and useful citizens.

So much, in brief, for prophylaxis in the early period of life, when the abundant energy overdoes the natural instinct of the young animal to play. We now naturally come to the consideration of over-work in the ordinary affairs of life. The fact that men especially, and not a few women, habitually over-work themselves is patent to every physician. The expression, "The Strenuous Life" has become trite, even in its short life, but it expresses exactly the condition under which a great majority of persons, living under the newer civilization, exist. Constant teaching is needed to impress the truth upon them that the strenuous life kills early. Even when the truth is borne in upon the combatants, the struggle goes on as fiercely as ever. Here and there *one* has sense enough to realize that wealth, titles, office decorations, etc., without health are not to be desired; and that the sheltered life is the one which makes for the true happiness of the individual. That John Tompkins with a good digestion is really happier than Jay Gould with apepsia.

The temperament, of course, has much to do with arterio-sclerosis. The slow-moving, phlegmatic individual does not weaken and exhaust his nervous force by allowing trifling irritations to produce great activity, and thus wear out the circulatory apparatus; while the active, sanguine, nervous man puts his heart and blood-vessels to do superfluous, and, for the